New England Deaconess Hospital
Boston, Massachusetts

pulse

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Long-Range Planning Committee meets

The last three meetings of the Long Range Planning Committee have dealt with future plans of the Deaconess Hospital's medical staffs.

In June, Dr. Alexander Marble, president of the Joslin Diabetes Foundation, assisted by William D. Barry, executive director, gave an overview of the Joslin Clinic from its origin on Bay State Road to its present corporate structure. He emphasized that the basic philosophy from the early days of Dr. Elliot P. Joslin has been "the advancement and dispersal of knowledge as well as the treatment of diabetes." There were discussions of the uniqueness of the Joslin Foundation in integrating treatment, research and education. It was clearly stated that no cure for diabetes is in the immediate future, and the close association of the Joslin Clinic and the Deaconess will continue for many years to come.

At the July meeting, Dr. Robert E. Wise, president of the Lahey Clinic, and John Trump, president of their board of trustees, reviewed the history of the Lahey Clinic and its relationship to the Deaconess. They spoke of their hoped-for plans for building in Burlington despite restrictions of the present economy. Dr. Wise assured the members of the group that the Clinic will continue to use Deaconess beds whether Lahey moves to Burlington or not and expressed an interest in retaining use of beds at the Baptist as well.

The Committee's next meeting was held in September because of August vacations.

Dr. Carl S. Hoar, Jr., opened the discussion of the role of the independent staff by listing observations in health care trends. He mentioned the difficul-

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Ambulatory Rehabilitation Center holds conference

"Like the arc, ARC was founded and built to sustain life. We are interested in seeing that people survive well," said Dr. John Rowbotham, director of the Ambulatory Rehabilitation Center, at the Center's public service conference held October 1. Over 60 people attended the conference to learn what the Ambulatory Rehabilitation Center is all about and what it can do for cancer patients. Dr. Rowbotham shared speaking responsibilities with Edith Lenneberg, cancer rehabilitation coordinator, Anne McCormack, R.N., and Margaret O'Connell, social worker.

Dr. Rowbotham told the audience that the Deaconess was a pioneer in cancer care and related research. Among its many cancer milestones, the Deaconess was the first hospital in Boston to have its laboratories do PAP smears and the first to do cancer testing in the 1940's. The Ambulatory Rehabilitation Center is a continuation of the hospital's distinguished efforts in the field of cancer.

The Center itself evolved from the Stoma Clinic, established in 1967 and the first of its kind in the country. The clinic addressed itself to the rehabilitation needs of stoma patients, helping them to lead normal lives.

In 1974 the clinic expanded its services to become the Ambulatory Rehabilitation Center serving patients with all types of cancer. The Stoma Clinic continues as before.

The Ambulatory Rehabilitation Center is devoted to the rehabilitation of cancer patients who live at home but are not confined to the house. Anyone may initiate a referral to the Center, which works in cooperation with the patient's physician.

The staff of the Center evaluates functional impairments of the patient; the patient participates in the evaluation procedure and in the rehabilitation process as a member of the team.

"In cancer, the quality of a person's life is altered. We emphasize what remains, rather than what is lost," said Edith Lenneberg, cancer rehabilitation coordinator. "The Center helps the patient and his family to function with the physical changes and discomfort that may come with cancer or the treatments."

There is an evaluation of the patient's physical, psychological, social, and vocational needs, as cancer can affect all these areas.

"After an evaluation, a plan is made. We provide or arrange for any services necessary to meet the patient's special needs," said Anne McCormack.

The Center, with the cooperation of numerous NEDH services, provides dietary instruction, dental and mouth care, physical therapy, patient and family counseling, self-care instruction and health education; the patient can join a patient support group, the mastectomy group, or receive vocational counseling or home planning adaptations. The Center informs patients about prostheses for the breast, limb, stoma, head and neck. The goal is to make the patient as independent as possible.

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Cancer Screening Day draws 150 to RDMG

There was a health party at the Roxbury Dental and Medical Group on October 4, and everybody in Boston was invited, especially those over 35 years of age. As radio station WILD broadcasted from RDMG, free cancer and hypertension screening tests were given to the 150 people who attended. The atmosphere was light-hearted, although the screening day was a serious effort to detect cancer and hypertension in its earliest stages.

Sponsored by the American Cancer Society, RDMG, and the New England Deaconess Hospital, examinations of the breast, prostate, colon-rectal area, and mouth were given. Visitors received pap smears and blood pressure tests.

Drs. Blake Cady, Ernest Guile, Joseph K. Hurd, Arturo Rolla, Gary Sullivan, and Randolph B. Reinhold, from RDMG, and Carrie Hunter, from the Sidney Farber Cancer Center, performed the examinations. RDMG nursing and administrative staff helped. Six student nurses from the Deaconess assisted during the day. Members of the RDMG board of trustees registered visitors as they arrived to be tested. Volunteers from the American Cancer Society distributed information on cancer and hypertension.

Of 50 men tested, 19 of them had high blood pressure. Forty-eight out of 150 people needed follow-up care for cancer or hypertension. The results from the laboratory tests, being done at the Deaconess, could bring more referrals.

"The turnout was a lot more than we expected," said Dr. Randolph B. Reinhold, medical director of RDMG. The screening day was a success because it did what it was supposed to do: detect cancer and hypertension.

Lining up for the examinations.

New technique promotes healing of decubiti

Chronic skin ulcers are painful and discouraging to the patient. They are just as discouraging for the medical and nursing staff. There are many nursing approaches to the care of the patient with decubiti, but no method seems to be as successful as the one tried by Sylvia Nott, R.N., clinical nurse specialist in rehabilitation.

Miss Nott had read an article in the June 1974 issue of the *American Journal of Nursing* on the use of karaya for skin ulcers and had been very impressed with its success. The condition of a patient admitted to the Deaconess gave Miss Nott the opportunity to introduce the treatment here.

"When I first saw Arthur he was paraplegic and had severe contractures. He had two very bad, large, deep decubiti on his right and left hips. The one on his left hip exposed ligaments and muscle, and you could see the joints," said Miss Nott.

Prior treatment of wet compresses with special medication, half-strength Dakins solution, and rest on the Lapidus air mattress did nothing to promote healing of the decubiti. Arthur (not his real name) seemed a perfect candidate for this new method of treatment.

This young patient, 29, was diagnosed as having an osteogenic sarcoma of the sacrum (bone cancer). The tumor protruded out of his sacrum, causing pain, and he did not want to be turned. Decubiti resulted. He had multiple hospitalizations before he was referred to the Deaconess for an evaluation of treatment.

At the Deaconess a neurosurgeon performed a chordotomy (cutting of the spinal cord), which relieved the pain of the tumor, and debrided (cleaned) the decubiti. He was then better able to be turned and Miss Nott started treatment for his skin ulcers on May 12. She continued to see him daily during his four weeks of care, but the treatment was carried on by his two primary nurses on Palmer 3.

Strict aseptic technique was used throughout the karaya procedure. First, the ulcer and surrounding tissue was irrigated with a pHisoHex solution using an Asepto syringe, cleansed with a saline solution, then irrigated twice with hydrogen peroxide. The skin surrounding the ulcer was dried, but the ulcer itself left moist.

A karaya gum ring, like that used around stomas, was applied directly to the skin around the edges of the ulcer, and the entire surface of the ulcer sprinkled with karaya powder. (Karaya is often used to protect skin around ostomies from breakdown, but this is the first time it has been applied to decubiti.)

Next, Miss Nott or one of the primary nurses covered the ulcer with saran wrap to contain drainage from the ulcer and to provide a window through which it could be observed.

The entire procedure was carried out once each day. Karaya powder was added to the ulcer every eight hours beneath the saran wrap "window."

"We started treatment on his left hip and saw such marked improvement in three days, that we started on his right hip," said Miss Nott. "In one week the ulcer on his left hip decreased ¼-inch in circumference. There was evidence of healthy granulation tissue and a decrease in the depth of the ulcer."

As new epithelial tissue formed around the wound edges, the karaya gum ring was advanced to surround the unhealed portion of the ulcer. Color slides taken every week recorded the encouraging progress.

In addition to this treatment, the patient rested on a water mattress to make him more comfortable, as he had to be turned every two hours. A dietitian was consulted to discuss changes in his diet. He would need more protein and vitamins and an increase in fluids to aid in the healing process.

From the first day of his treatment until his discharge on June 6, Arthur was fully informed and actively participated in the program.

At the time of his discharge, his decubiti were not completely healed but the improvement was dramatic. It would take another two months for the skin ulcers to be completely gone.

Since both Arthur's physician and Miss Nott were so encouraged by the results of the karaya treatment, Miss Nott plans to make it a permanent part of her rehabilitation program for patients with decubiti.

Ambulatory Rehabilitation Center . . .

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Margaret O'Connell explained, "There are many reasons why people ask for help. Surgery, chemotherapy, or radiation therapy inevitably initiate psychological and physical changes. There is anxiety in adjusting to a mastectomy or facial disfigurement. Basic to the task of rehabilitation is understanding the nature of the psychological needs of cancer patients and the kinds of stress they experience. For instance, what often appears to be an uncomplicated request for assistance with transportation may have resulted from the patient not being physically or emotionally functional enough to drive. To provide transportation without also attending to the patient's difficulty in functioning leaves the task unfinished."

Cancer patients receive plenty of help while in the hospital, but when they go home, support may cease unless planned for. This is where the Ambulatory Rehabilitation Center plays a part. By instituting and involving itself in the patient's rehabilitation, the Center aims to give each patient the support needed to reduce or eliminate constraints on function.

Senior Diane Paine demonstrates sterile dressing technique to high school students who came to the School of Nursing annual open house.

School of Nursing hosts annual open house

They came from all over Massachusetts. Several came from New Hampshire and Maine. One girl came from Poughkeepsie and another from as far away as New Orleans. Harris Hall was the focal point for 231 high school students as they attended the School of Nursing annual open house. The open house, held on September 30 in conjunction with the Peter Bent Brigham Hospital School of Nursing, gave high school students an introduction to nursing and an opportunity to see the School and the hospital.

Juniors and seniors from the School gave tours of the hospital and Harris Hall, even though the facility these future nursing students could be living in and attending will be new. Visitors saw a slide show depicting student life in the dormitory, in the classroom, and on the hospital floors. There was a demonstration area where nursing students scrubbed, gowned, and gloved; explained instruments; and performed a sterile dressing change.

The high school students seemed to like the taste of nursing at the Deaconess. Seventy-two of the visitors asked for applications to the School and that's a lot more than the freshman class of 65 can hold!

Friends inaugurate Christmas season

The Friends of the Deaconess will inaugurate the Christmas season at the hospital with the Annual NEDH Christmas Bazaar. Sponsored jointly with the School of Nursing, the bazaar will be held Friday, December 5, starting at 9 a.m. in the Farr lobby.

Homemade cakes, candies, and crafts will be displayed. Deaconess shoppers will be tempted by flowers, books, clothes, toys, gifts, and Christmas decorations.

Everyone at the Deaconess is asked to participate. Donations of handmade or other saleable items to be sold at the bazaar may be given to the Gift Shop to the attention of Mrs. Caroline Dingman or Mrs. Lauriston Ward, Jr. Baked goods can be brought in the day of the bazaar. A barrel will be placed in the Farr lobby to collect contributions for the white elephant table.

All proceeds from the bazaar go to the School of Nursing Scholarship Fund.

Another event planned by the Friends is the Annual Christmas Open House held Sunday, December 14, 2:30 p.m. to 4:30 p.m., in the Farr lobby. Employees, patients, and visitors are invited to the Farr lobby for fresh doughnuts and cider.

Lynn N. Dow's first day at school – moving in, getting ready for classes with roommate Carleen A. Duffy, meeting new friends for lunch, and making her room in Harris Hall a home.

Class of 1978 moves into Harris Hall

Moving in, meeting roomates, making friends – that's the first day at the New England Deaconess Hospital School of Nursing.

The day started early on September 22 when cars weighted down with the clothes, room furnishings, and stereos that are the "necessities" of dormitory living lined up in front of Harris Hall as freshmen and their parents unloaded their cargoes.

Once inside Harris Hall, the new students had faculty, classmates, and parents to greet at a coffee hour, things to unpack, books to pick up, and orientation classes to attend.

The rapid pace of activity increased during the week for the 67 freshmen. Physical examinations and flu injections were given; photo-badges and meal tickets were issued; there were opportunities to learn about the Deaconess, the School, the library, health services, student organizations, and recreational activities such as the glee club. Other orientation and registration sessions were scheduled at Northeastern University, where the freshmen take courses in the histological and social sciences.

The week was, as Freshman Lynn N. Dow said, "confusing and hectic, but everybody was very helpful in showing me around."

Lynn was interviewed by the PULSE to find out a freshman's response to the NEDH School of Nursing.

Lynn, 19, from Brookfield, Connecticut, came to the Deaconess one year after graduating from Brookfield High School, where she was a State of Connecticut Scholar. Last year she attended Berkshire Christian College, a liberal arts college in Lenox, Massachusetts. After a semester she left school to work as a nurse's aide in a nursing home in Connecticut since she wanted a more specialized education than a liberal arts college could provide. "I had always wanted to be a nurse and wanted to come to the Deaconess because it offers a better nursing program."

Lynn's father, a junior high school guidance counselor familiar with many schools and colleges, recommended the Deaconess to her. Formerly from Boston, he was impressed with the hospital and its school.

Lynn has found her first week at the Deaconess enjoyable. "I've started reading my books already." The room she shares with Carleen A. Duffy has that "lived in" look. She and her neighbors on the fourth floor have become friends.

A former member of her high school chorus and church youth group and an honor roll student, she intends to be involved in the activities here.

She's looking forward to the demands and challenges of the NEDH School of Nursing.

GRADUATES OF DIETETIC TRAINEESHIP HONORED. *Robin Reich, Mary B. Sieruta, Nancy J. Whitcomb, and Deborah K. Dearborn (pictured l. - r.) were honored at a reception held September 5 at Harris Hall for successfully completing their dietetic traineeship. The one-year program, approved by the American Dietetic Association, provides clinical experience for college graduates with a major in foods and nutrition. During the past year, the four students received training in all aspects of the general operation of the department of dietetics, attended classes at NEDH, and affiliated at other Boston hospitals and community centers. Completion of the program qualifies the graduates for membership in the American Dietetic Association, and makes them eligible to take the association's registration examination in January. Because of its success and effectiveness, the traineeship will be replaced this year by a nine-month dietetic internship which will offer specialization in clinical dietetics.*

Doctors doings...

Dr. Sidney Alexander, cardiology, NEDH and Lahey Clinic, spoke on "Cardiology for the Practitioner," a three-day course in Warren, Vermont, sponsored by the Lahey Clinic and the American College of Surgeons. He also lectured on "Computer Analysis of Ambulatory ECG Recording" at the annual meeting of the American College of Physicians in San Francisco on April 5-10.

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Dr. Charles F. Arkin, pathologist, taught the workshop "Platelet Function Disorders" at the 27th annual convention of the Massachusetts Association for Medical Technology held at Northeastern University on March 31-April 2.

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Dr. Murray M. Bern, hematology and internal medicine, presented the paper "Platelet Immune Adhesion to Glass Beads Coated with Purified Protein Derivative of Tuberculosis," and **Dr. James A. Gregg,** gastroenterology, presented the paper "Characterization of CEA-active Material Isolated from Human Pancreatic Juice" at the Federation of American Societies for Experimental Biology in Atlantic City, New Jersey, on April 13-18.

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Dr. George L. Blackburn, director of nutrition support services, lectured on "Use of Glucose, Potassium, and Insulin in the Care of Critically Ill Patients" at the postgraduate symposium in surgery at the Saint Barnabas Hospital Center, Livingston, New Jersey, on May 26, and presented the paper "New Concepts in Hyperalimentation" to the American Association of Critical Care Nurses on May 22-24 in Boston. Dr. Blackburn co-authored the article "Determination of Optimal Hyperalimentation Infusion Rate" in the May issue of *Journal of Surgical Research.* He was involved in two presentations at the American Medical Association symposium on the "Use of I.V. Fat" in Chicago on June 4-5. At the 1975 American Hospital Association Convention meeting with the Tri-State Hospital Assembly, Dr. Blackburn was a participant in the session entitled "Assessment of Patients' Nutritional Status: The Facts Not the Fiction" on August 19 in Chicago.

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Drs. Robert F. Bradley, Jr., Richard A. Christlieb, Leo P. Krall, Alexander Marble, internal medicine, NEDH and Joslin Clinic, and **J. Stuart Soeldner,** diabetes and endocrinology metabolism, NEDH and Joslin Clinic, represented the Joslin Diabetes Foundation in a postgraduate course on diabetes mellitus sponsored by the Foundation and the University of Kobe, Japan, and held in Japan and the Philippines on September 10-23.

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Dr. Blake Cady, general surgery, NEDH and Lahey Clinic, has been appointed chief, surgical oncology, New England Deaconess Hospital, Sidney Farber Cancer Center. Until the Center's search committee finds a chief of surgery, Dr. Cady will share responsibilities with a representative from each of the four hospitals involved in the Center.

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Dr. Bradley E. Copeland, pathology, taught the workshop "A Panoramic View of National and International Clinical Laboratory Standards and Standardization Projects" at the 27th annual convention of the Massachusetts Association for Medical Technology held at Northeastern University on March 31-April 2. On April 19-May 5 Dr. Copeland visited 18 laboratories in five European countries in connection with his duties as chairman of the Commission on World Standards of the World Association of Societies of Pathology. In Berlin he presided at a two-day session devoted to proposals for international standards. In Geneva he presented a paper on the quality

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NEDH COUNTRY FAIR FEATURES PIE-EATING CONTEST. *The dietetics department marked the end of summer with a country fair in the cafeteria. All that was missing was the carnival tent. There were spare ribs, fried chicken, foot-long hot dogs, and cotton candy. A "make your own sundae" stand had lines of people waiting to add strawberries, chocolate syrup, whipped cream, and walnuts to their ice cream. The highlight of the fair was a pie-eating contest among Edgar Fairweather, Moises Gonzales, and Kathy Wilson (pictured l. - r.), and Bob Kitchin, David Ross, and Charles Van Riper. As the blueberries were transferred from pies to faces, it became obvious that there was no competition. Kathy Wilson cleaned the plate and was declared the winner in a matter of minutes. Although a veteran of pie-eating contests, Kathy pointed out that she did not train for this event.*

Long-Range . . .

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ty in recruiting young, promising physicians and the challenge felt by independent practitioners from both the national and local environments. He expressed concern that, despite the significant role the independent staff had played in the formation of the Deaconess, its influence may be on the decline in the future.

Dr. L. Tillman McDaniel gave a well-prepared presentation of the independent staff's integral role in the early hospital. He cited the one-to-one relationship of doctor and patient and the pioneering role which sparked the original intern system into today's effective residency program.

Dr. Clifford C. Franseen, representing the independent surgical staff, pointed up changes in the development of fullfledged surgeons. He sees the answer in group surgery where young surgeons can share common expenses and pool income and assets and hire mutual clerical assistants.

Dr. Frank C. Wheelock, Jr. presented the findings of a survey conducted prior to the formation of the organization of the independent staff which recommended an organization somewhat loosely drawn and without a financial commitment. As a result, an Independent Staff Organization was formed with a set of by-laws, an executive committee, officers, and a prescribed number of meetings per year. Such an organization is not accepted by all independent staff members and, although the start has been fairly good, there has been no real test for the organization up to this time.

The consensus of the meeting was the hope that all segments of the staff can continue to function together in mutual support. The Deaconess is unique, there is no other hospital in the United States like it, and the job ahead is to be sure it stays unique.

Doctors doings . . .

(Continued from page 3)

control of spectrophotometer measurements. At the University of Oslo, Norway, Dr. Copeland presented a conference on reference methods in clinical chemistry.

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Dr. Leo P. Krall, internal medicine, NEDH and Joslin Clinic, was the director of the education division, and **Dr. Priscilla White,** internal medicine, NEDH and Joslin Clinic, was a guest speaker for the 7th Annual Course for Nurses, entitled "The Care and Teaching of Juvenile Diabetics," on May 27-29 in Boston. The course was presented by the Joslin Diabetes Foundation, Education Division, and faculty included physicians, nurses, and patients from the Joslin Clinic.

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Dr. Rob Roy McGregor, podiatry, discussed "The Problem Oriented Record in Podiatry" at the Region II American Podiatry Association meeting in New York City on February 15. On April 21 Dr. McGregor ran his first Boston Marathon.

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Dr. Victor M. Rosenoer, gastroenterology, NEDH and Lahey Clinic, lectured on "Albumin Synthesis in Man" on April 28 at Beth Israel Hospital; "Gastrointestinal Effects of Anticancer Agents" on May 5 at Children's Hospital Medical Center; and "Albumin Synthesis and Amino Acid Supply" on June 2 at the Royal Free Hospital in London. He presented the paper "Albumin Distribution in Man" at the Albumin Workshop at the National Institute of Health in Washington, D.C., on February 14. Dr. Rosenoer published the articles "Protein Turnover Studies in the Assessment of Liver Function" in *Plasma Protein Turnover;* and "Growth Kinetics of Solid Tumors: Implications for Chemotherapy" in *Medical Clinics of North America,* Volume 59. He was inducted as a Fellow of the Royal College of Physicians in May, 1975.

Dr. John G. Sebestyn, ophthalmology, NEDH and Joslin Clinic, spoke on diabetic eye problems and their medical and surgical treatment at the North Shore Diabetic Society on May 27 in Beverly.

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Dr. Albert L. Sheffer, allergy and clinical immunology, presented the paper "Cromolyn Hypersensitivity" to the American Academy of Allergy in March in San Diego. He was appointed to the Revision Committee of the United States Pharmacopeia for June 1075-1980.

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Dr. Malcolm C. Veidenheimer, general surgery, NEDH and Lahey Clinic, spoke on "Current Concepts in Colon-Rectal Cancer" at the Midwest Cancer Conference in Wichita, Kansas, on March 14-17.

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Dr. Elton Watkins, Jr., thoracic surgery, NEDH and Lahey Clinic, lectured on "Infusion Chemotherapy of Liver Cancer; Future Immunotherapy of Cancer" at the Springfield Hospital Medical Center Department of Surgery on March 22. He reported research work on cancer immunology and presided at a panel on cancer chemotherapy at the 2nd International Hellenic Congress of Oncology in Athens in April. Following the meeting he conducted seminars at the Karolinska Institute for Tumor Biology in Stockholm, at the University of Lausanne, and at the 9th International Symposium on Hepatology in Chianciano Terme, Italy.

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Dr. Alexander M. Wright, orthopedic surgery, NEDH and Lahey Clinic, lectured on "Sepsis and the Total Hip" at a meeting of the Canadian Orthopedic Society held in Ottawa on May 26. He also lectured on "Scoliosis and the Lumbar Spine" at a meeting of the International Society of Lumbar Spine held July 1-3 in London, England.

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pulse

The New England Deaconess Hospital is a 471-bed and 16-building complex. Physicians from the Joslin Clinic, the Lahey Clinic, Overholt Thoracic Clinic and the independent medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine, and is affiliated with Harvard Medical School.

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WILD BROADCASTS FROM RDMG AT CANCER SCREENING DAY:
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